



COMMON SENSE in the HOME

EDITED by MARION HARLAND



About Canned Foods

By Marion Harland



HEAVY PENALTIES
AWAIT THE MANUFACTURER
WHO FAILS TO
TELL THE TRUTH
IN THE LABEL.



Mix Well
and Pour
Over the Pork
and Beans



ENOUGH SALTICIDE
ACID TO DOSE
AN ADULT

things which set us against canned foods. Or was it written by somebody else?

"We are painfully restricted in the matter of vegetables all winter long. My John cannot abide the smell of cooking turnips and cabbage in the house, and the young people will not eat onions if they are going out in the evening. This shuts the door of the kitchen against three of the vegetables one may buy in winter. We ring the changes upon carrots, sweet and white potatoes, and rice, macaroni, and hominy until we long for green stuffs."

"If you can offer valid reasons for admitting canned beans, corn, peas, spinach, and young beans to our table, we shall owe you yet another debt of gratitude."

"One thing more. I suspect one reason why canned foods are not more popular is that few cooks know how to prepare them for the evening. Can you drop a hint or two in this direction?"

"ONE OF YOUR DISCIPLES."

Condition of Decade Ago.

I am right glad that you have asked the questions I here set down. I hear the same in effect often from other correspondents. The prejudice against canned foods dies hard. By the way, I thank you for not saying "canned goods!" Somehow I always connect the idea of "goods" with a yard stick. Under conditions which existed a score or even a decade of years ago, the objections to the use of them entertained by you and other intelligent housewives were not groundless. Novels and newspapers have piled the muck rake over zealously in bringing to light the unspeakable abominations of slaughter houses and canning factories. There was foundation for the checking tales. One could hardly pick up a paper that did not contain the report of somebody poisoned by eating canned corned beef or potted salmon. Now and then a chemist told of analysis excited by suspicion of foulness or individuals who had suffered agonies of indigestion after indulging freely in

canned oysters or fruits. It is not always true that "there must be fire where there is much smoke." In this matter of canning the smoke became an offense in the nostrils of the community, at length.

You are correct in thinking that I had my say about canned meats five or seven years ago. I did much of my own preserving and pickling at that time and we never bought canned fruits or any vegetable artificially preserved except, occasionally, tomatoes for soups. A remark of a member of my family in regard to the "brunette complexion" of my Harland's as contrasted with what the critic termed the "chemical blonde" sold by grocers, put me upon the scent. A chemical analysis of the contents of a can of peas put up by one of the most respectable canning houses in the country revealed in three tablespoonfuls of the fruit enough salicylic acid to dose an adult.

Before Days of "Pure Food."

"And this stuff," wrote the indignant chemist—one of our best—who reported the result, "is fed freely to children all over the United States!"

Simultaneously with this discovery by a private citizen, a meeting of eminent physicians, held in the largest city in our country, condemned, in no measured terms, other products put up in slight cans, as highly deleterious to the human stomach. It was openly suggested at that convention that the alarming increase of Bright's disease in America within the last quarter century might be in consequence of the lavish use of such preservatives as salicylic acid and perhaps, benzoate of soda, by canning companies.

My publication of the Harland's story to which you refer drew down upon my unscientific self a storm of protest from those most nearly interested. One large manufacturer forwarded to me a list of the agents used in putting up his food stuffs. "To prove the harmless nature of each of them," salicylic acid stood at the head of the list. An excellent medicine in skilled hands, as were, doubtless, others of the catalogue. But, speaking in behalf of my constituents—the housewives of the land—I replied that "we do not take our physic at random with our victuals."

Then came a reaction of common sense and scientific revolt. The most beneficent law that has been enacted since we became a nation—the pure food law—went like the beam of reform from one end of the country to the other. Men like Dr. Harvey D. Wiley held with steady hand the searchlight that brought the hidden things of darkness into public view. Heavy penalties await the manufacturer who uses adulterants in the preservation of food and fails to tell the truth in the label affixed to can or parcel.

Canned Foods Made Safe.

Intelligent men with the fear of God before their eyes and the love of their brother man in their hearts combined to make a safe and honorable. Having watched the progress of this reform from its inception until now, I wish I had space and time in which to tell the story as I should like to lay it before my big family. They must take my word for it that canned foods are now prepared for them far more care-

fully than they could be were they picked by the housewife's own hand and cooked in her own kitchen. The manufacturers invite and desire inspection of their admirably appointed works. The one and sufficient preservative is HEAT, held continuously at a given point until the work of sterilization is complete. Cans and rubbers are likewise sterilized as is every part of the machinery with which the foods come into contact.

I am thus circumstantial in statements relative to this important subject because in times past I shared fully in the distrust of canned foods expressed by our present correspondents, and did not hesitate to declare my sentiments. I owe it to constituents and to the reformers to whom I award the honor of the great and beneficent change in the conditions we once deplored, to explain why I recommend the free use of that which I then deprecated.

It is not right that we should have to live upon starchy foods all winter long, when our overheated houses and lessened outdoor exercise engender bile and a congested state of the whole system. It is an unspeakable comfort to me—and it must be to numerous other housewives—to be able to order even and succulent adjunctions to the heavy and heating meat dishes which belong to the season. And it is a genuine satisfaction to me that I may conscientiously assure those who do me high honor when, like our correspondent of today, they call themselves my "disciples"—that they may rest before their households, the "brindly fruits of the earth" in the depth of winter as fearlessly as in summer.

Treatment of Canned Goods.

Now, as to the treatment of canned foods in order to make them palatable to the eater. Many persons do not relish them because they misinterpret them as they would not think of handling fruits and vegetables just gathered. The most skillful canner does not pretend to do more than to give you cooked, unseasoned material to be prepared by yourself as you may judge best.

None of the canned foods should be turned directly from the just opened tin or glass into the saucepan, or the dish in which fruit is to be served. Open the jar several hours before cooking or serving, and turn the contents into an uncovered dish. The air takes off the "close" taste inevitable to food that has been hermetically sealed. You "aerate" it by this simple process.

In my home we add sugar to canned fruit before sending it to table. It is usually too tart for the palates of those who like "sweet things sweet." Cream is poured with peaches and berries after they are sugared. A delicious conserve is made by turning the strap from canned peaches, adding a cupful of sugar for a quart jar, and boiling the strap for half an hour after the sugar is dissolved. Then pour it boiling hot over the peaches; cover closely, and do not use until next day. As the fruit is not cooked in the strap it does not lose flavor.

I asked my grocer last week the price of a certain brand of pickled peaches, and was told "80 cents!" This for a quart jar! I bought a quart can of a brand I knew I could trust, and when it came home drained off every drop of the strap and brought it to a boil in a saucepan. At this point I added a cupful of vinegar with a

few blades of mace, six whole cloves, and as many pepper corns. Bringing it to a quick boil in a covered saucepan to keep the strength of the vinegar, I poured it upon the peaches left in the jar, screwed down the top and set aside for four days. We had pickled peaches as good as those of the fancy brand, at a cost of 30 cents, counting all ingredients. In these days of high prices it is no mean achievement to save 50 cents upon one quart of sweet pickle.

Bit of Culinary Economy.

BAKED PORK AND CANNED BEANS.—Here again is a bit of economical contrivance. Canned pork and beans may be had, but they cost a third more than the can of beans by itself.

Turn out the beans an hour before you are to cook them. Scoop a bit of streak of salt pork for the same time; put the beans into the bake dish, scoop a hole in the middle in which bury the pork. Set the vessel containing the water in which the pork was cooked in snow or lead water to throw up the fat. Skim this off and put into the pan in which you have drippings. Add to the skinned liquor a tablespoonful of molasses, a saltspoonful of made mustard and a dash of pepper. Mix well and pour over the pork and beans. With a fork work these gently to let the liquor reach all parts. Bake, covered, half an hour. Uncover and brown lightly.

This dish will be more delicate in flavor than when the raw beans are prepared for baking by the ordinary method. The saving in time and trouble is a consideration, and the lessened cost in money is something to be thought of.

GREEN CORN SOUFFLE.—Chop a can of green corn fine. Whisk the yolks of two eggs light and beat them into the corn. Stir in a tablespoonful of melted butter and the same of sugar, with salt to taste. Dissolve a bit of soda not larger than a pea in a tablespoonful of hot milk, and add to the mixture. Lastly beat the whites of two eggs to a standing froth and whip in. Turn into a buttered pudding dish, cover, and bake in a quick oven for twenty minutes. Brown quickly and serve at once be-

fore it falls. It is a delicious accompaniment to roast beef or mutton.

Process an Easy One.

There is no nicer preparation of spinach than this. The wonder is that so few cooks are willing to undertake it, for the process is simple.

SPINACH SOUFFLE.—This is an excellent left over from the dish I have just described. Turn the remnant of spinach & le cream into a bowl and beat into it a cupful of milk into which you have dropped a tiny bit of soda, then the whipped yolks of two eggs and the stiffened whites of the same. Beat all hard for a minute and pour into a buttered bake dish. Bake, covered, twenty minutes, uncover, brown quickly, and serve before it falls.

If you have no left over from yesterday, chop a can of spinach fine, season with salt, pepper, a saltspoonful of sugar and a little nutmeg, then proceed as directed with the cold spinach.

CANNED GREEN PEAS.—Turn from the can an hour before using, and drain off every drop of liquid. It gives a "flat" taste to the peas. Now lay in cold water for half an hour. Put over the fire in enough boiling water, slightly salted, to cover the peas an inch deep. Bring to a quick boil, add a small lump of sugar; cook for a minute more, and drain. Serve hot, stirring a saltspoonful of butter into the peas after draining them.

The foregoing rules for preparing canned foods for the table prevail, with slight variations, with all vegetables thus preserved.

Creamed Corn for Soup.

CANNED CORN SOUP.—If possible get creamed corn for this. Your grocer should be able to procure it for you. If you cannot, chop the corn fine and put it over the fire with a pint of weak soup

stock. If you have no stock on hand use a 10 cent can of beef soup. Cook gently for half an hour, then stir in a tablespoonful of butter cooked to a "roux" with one of flour; a saltspoonful of onion juice, salt and pepper to taste. Boil up once and serve.

GREEN CORN CHOWDER.—Chop the corn fine. Peel and mince an onion and fry it brown in a great tablespoonful of butter. Turn into a saucepan and add the chopped corn, four pint blanchets that have been soaked half an hour in enough milk to cover them, and two dozen potato balls, cut with a gouge, then parboiled. Season with pepper, salt, and a saltspoonful of chopped parsley, and pour into the saucepan three cupfuls of boiling water. Simmer slowly half an hour, and stir in a cupful of hot milk which has been thickened with a roux of a tablespoonful of butter stirred up with one of flour in a frying pan. Serve as soon as the roux is mixed with the other ingredients. This is a nourishing and palatable soup, although it has no base of meat stock.

SPINACH A LA CREME.—Turn the spinach from the can an hour before cooking it. When you are ready to do so, drain it fine and set over the fire in the inner vessel of a double boiler, the outer being filled with boiling water. When the spinach is heating make a roux in a frying pan of one tablespoonful of flour and two of butter. When this is a smooth "blond" stir it into the hot spinach. Season with white pepper and salt to taste, with a saltspoonful of white sugar, a dash of nutmeg, and a saltspoonful of lemon juice.

Beat all together over the fire and cook for ten minutes, stirring often. Heat half a cupful of cream in a separate vessel with a bit of soda the size of a pea, and when it is scalding hot beat into the spinach. Cook three minutes more, stirring and beating all the time. Serve smoking hot, garnishing the dish with triangles of toast.

MARION HARLAND'S HELPING HAND

"CAN you tell me why for the last few months my cakes fail, no matter how carefully made and whether coal or gas range is used? They are almost sure to fall in the cooking or soon after they are taken from the oven."

"I have been a housekeeper for twenty years and used to be a good cake maker."

"Mrs. W. L."

The probability is that your batter is too thin. This is often caused by any cause, the mistake in cake making. Thin batter puts up like a soufflé when baked, and, like the soufflé, collapses in cooling.

Or the fault may be in too rapid baking. Do you cover the cakes during the first half of the time they are in the oven? And is the heat steady? Try making the batter a trifle more consistent.

Three Good Recipes.

"My offering is three recipes that have never failed me. They may help some Newby who likes to get up homemade menus."

GRAHAM BREAD.—Two cups of bread dough, one egg, one saltspoonful of lard, one-third of a cupful of sugar, graham flour.

Mix into the dough as much of the graham flour as you can by using a spoon. Let it rise and make into a loaf. Set for the second rising and, when it is light, bake.

WHITE CAKE, ALIAS BRIDE'S DELIGHT.—Two cups of sugar, one and a half cups of milk, half a cup of butter, three cups of flour, three saltspoonfuls of baking powder, whites of four eggs. N. B.—This cake has never failed.

FUDGE.—Two cups of sugar, one cup of milk, two squares of unsweetened chocolate. Melt slowly, stirring little, until when a little dropped into cold water may be formed with the fingers into a soft ball. Then add butter, about the size of a walnut, and set aside to cool.

Do not beat until it is perfectly cold. Just before pouring it out of the kettle add a cupful of English walnut meats broken to pieces. If at any time the fudge is too hard, beat again, adding cream.

In answer to a request made by a Minnesota housewife I add this recipe for:

REAL GERMAN RHEINISCH KUCHEN.—One cup of bread crumbs, one saltspoonful of lard, half a cupful of currants. Flour to make a dough not quite so stiff as that

for bread. Just before baking spread with soft butter, sprinkle with sugar and cinnamon.

Notable additions to our store of recipes. I wish you had said how soft the bread dough must be which would allow enough graham flour to be worked in to entitle the product to the name of "graham bread." Don't you mean bread sponge? Let us hear from you again on this little point.

As you will see, I have taken the liberty of substituting "teaspoonful" of baking powder for your "tablespoonful" in the recipe for "bride's delight." The larger quantity was undoubtedly a slip of the pen. Having made the like on sundry occasions, I can comprehend how it happened. Three tablespoonfuls of baking powder to three cups of flour would have made an odd combination which would have been anything but a "delight."

At least, this is my idea of the proportions. I recall that I once wrote "pounds" instead of ounces, and, had not the proof-reader "queried" it, the atrocity would have been published. I have always been grateful to that man!

Anent the "Turkey Question."

"Just now the 'Turkey question' is uppermost in the public mind. Now that Thanksgiving and Christmas are among the things that were, I want to tell housewives of my economical way of serving the parts of the national bird left after the feast are over."

First—Take off with a sharp knife all the meat that will come away in nice, large, neat pieces and serve cold or warmed up in the giblet gravy.

Second—Break apart the bones and pick out and off all the small pieces of meat which adhere to the carcass. Put into a small pan with some of the stuffing and a few stalks of celery. Chop the fat, make into balls or rolls, roll in egg and cracker crumbs, and fry as croquettes.

Third—Put all the bones thus denuded into a kettle, cover with cold water, and season well. Cook slowly until the bones are perfectly clean, remove them, and strain the soup. You will have a most appetizing broth for the first course of your dinner of cold meat, with the croquettes as an entrée.

Mrs. F. A. D.

You might have made a scolding of the first gleaming from the skeleton which

would have gone further than the cold meat by reason of the addition of crumbs and milk. The second scrapings might have been wrought into a toothsome and even elegant salad by the help of the celery. Your dinner would have been savory and tempting. Cold meats are seldom eaten in winter. We thank you for showing how far a turkey may be made to go.

Those dealing with entire which are really leftovers, yet which play their part gallantly, appeal to me with peculiar force. "Turkey soup" as the southerners name it, is a prime favorite in our household. It is a sort of final cheer sent after the vanishing bird who was good to the last.

Not a scrap of him should be thrown away until the bones are drained of every drop of marrowbone.

Recipe for Tasty Apples.

"Could you kindly give me a recipe for tasty apples? I have children who love them dearly."

Mrs. W. H.

As your letter did not reach me until the Sunday specified had passed I cannot comply with your request in full. It is never practicable to answer a query in the paper within a week after it comes to me. The mail is immense and a certain degree of order in replying to queries must be preserved.

"Some weeks ago the following question and answer appeared in the Helping Hand:—

"I see that you answer questions on household subjects, and especially on management. I am a young housekeeper, and my husband doesn't earn good wages. I should like to know how we can live on \$4 a week and have nice things to eat. I don't want anything elaborate."

"A puzzle which I submit to a committee of the whole. Can two healthy persons live and keep in tolerably good plight upon \$4 a week for food alone? If so, tell us how, giving figures and food."

"I purpose to answer this question in the affirmative if you will resign the menu corner to me for one week. The bills for a family may be filled at the price named by 'Nora.' I send a list of purchases that prove this. You need not print the menus if you are not convinced by the examination of this list that my claim is valid."

"PRACTICAL HOUSEWIVES."

FAMILY MEALS FOR A WEEK

LUNCHEON.		DINNER.	
Tea.	One soft cake tomato soup. Irish stew with vegetables.	Coffee.	Corned beef hash. Rice and milk.
Apples.		SATURDAY.	
TUESDAY.		DINNER.	
Tea.	Left over of hash.	Coffee.	Lamb boiled with rice. Orange.
LUNCHEON.		DINNER.	
Tea.	Toast. Baked apples or potatoes.	Coffee.	Roast beef with rice. Orange.
(The dinner menu is wanting at this point. The two may have dined out or fasted for the rest of the day.—Editor.)		WEDNESDAY.	
LUNCHEON.		DINNER.	
Tea.	Remainder of tomato soup.	Coffee.	Lamb boiled with rice. Orange.
THURSDAY.		DINNER.	
Tea.	Remainder of tomato soup.	Coffee.	Roast beef with rice. Orange.
FRIDAY.		DINNER.	
Tea.	Remainder of tomato soup.	Coffee.	Roast beef with rice. Orange.
SATURDAY.		DINNER.	
Tea.	Remainder of tomato soup.	Coffee.	Roast beef with rice. Orange.
SUNDAY.		DINNER.	
Tea.	Remainder of tomato soup.	Coffee.	Roast beef with rice. Orange.
MONDAY.		DINNER.	
Tea.	Remainder of tomato soup.	Coffee.	Roast beef with rice. Orange.
TUESDAY.		DINNER.	
Tea.	Remainder of tomato soup.	Coffee.	Roast beef with rice. Orange.
WEDNESDAY.		DINNER.	
Tea.	Remainder of tomato soup.	Coffee.	Roast beef with rice. Orange.
THURSDAY.		DINNER.	
Tea.	Remainder of tomato soup.	Coffee.	Roast beef with rice. Orange.
FRIDAY.		DINNER.	
Tea.	Remainder of tomato soup.	Coffee.	Roast beef with rice. Orange.
SATURDAY.		DINNER.	
Tea.	Remainder of tomato soup.	Coffee.	Roast beef with rice. Orange.
SUNDAY.		DINNER.	
Tea.	Remainder of tomato soup.	Coffee.	Roast beef with rice. Orange.

served. Consulting myself for the inability to do as you wished and as I should like to do, with the reflection that the children's love for the dainty is likely to be perennial, I offer the coveted recipe.

TASTY APPLES—Get clean, sound lady apples. Stir a cupful of sugar into a pint of molasses and when the sugar has dissolved set over the fire where it will heat slowly to a boil. Cook for twenty minutes after the bubbles become general, and drop into the mixture a teaspoonful of baking soda. Do not stir the strap or it may granulate. The soda will take care of itself and with much stirring and foaming blend with the acid in the molasses. Shake the pan to prevent

scorching at the bottom. Watch it carefully and lift the saucepan into the air for a minute, should the boil become violent. At the end of half an hour test the strap with a spoon to see if it is brittle. If it spins a thread from the tip of the spoon and hardens instantly when dropped into cold water it is done.

Turn into a bowl to cool and make ready the apples by running a long splin of wood or a hot pin or a toothpick into the stem end. When the taffy is more than lukewarm put not hot enough to burn the finger dip the apples in and hang them from a line stretched across the room. Let a few clinging drops fall before you hang them. There should be a smart current of frosty air blowing through the room and over them to cool the taffy quickly. You will perhaps have to dip them several times, letting the candy coating them get hard before you do this. The sticks are necessary to keep them in shape. It would not do to lay them down or to let them touch one another.

Burnt Sugar Cake.

"An inquiry was made a little while ago for a burnt sugar cake. It was referred by you to the committee of the whole, of which I am a part. May I ask your consideration of the following?"

BURNT SUGAR CAKE.—To prepare the burnt sugar, melt one cup of sugar in a granite pan till it is a liquid and throws off an intense smoke. Have close at hand one-half cup of boiling water, which add to the sugar, stirring rapidly. Let it boil for a moment, when it is ready for use. Cake parts: Beat one-half cup of butter to a cream, adding gradually one and one-half cups sugar. Beat till creamy. Add yolks of two eggs and blend thoroughly. Next add one cup of water and two cups of flour; beat five minutes; then add three teaspoons of the burnt sugar, one teaspoon of vanilla, and one-half cup of flour in which two teaspoons of baking powder have been sifted. Lastly, add the whites of the eggs beaten stiff. Bake in three layers and put together with the following frosting:

Frosting.—Two cups brown sugar, one-third cup milk, and one tablespoon of the burnt sugar. Boil till it hardens in water, add a few drops of vanilla, and then beat till creamy enough to spread on cakes. A delicious cake and well worth the effort en-

What Are "Rillettes"?

Some weeks ago we printed an inquiry as to the nature and form of "rillettes." A member wrote for directions how to make them—appending a recipe for a dish she had eaten and enjoyed in Paris seven years ago which embodied "half a pound of fresh rillettes." I avowed my ignorance frankly and begged for enlightenment. This is supplied by a Pennsylvania correspondent:

"Upon page 194 of Routledge's French Dictionary we read: 'Rillettes Minced pork.'"

"This work was printed for George Routledge & Sons, London, by Bernard & Tauchnitz, Leipzig."

"Is this what 'F. L.' wants? C. L. A."

You may be right and the definition correct. In which case "rillettes" would seem to be a refined edition of the piebald sausage.

Yet "F. L." should not have had so much trouble in getting them in her city market. Hear her plaint!

"The rillettes which New York restaurant keepers pretend to make are worthless for our purpose."

What Are "Rillettes"?

Some weeks ago we printed an inquiry as to the nature and form of "rillettes." A member wrote for directions how to make them—appending a recipe for a dish she had eaten and enjoyed in Paris seven years ago which embodied "half a pound of fresh rillettes." I avowed my ignorance frankly and begged for enlightenment. This is supplied by a Pennsylvania correspondent:

"Upon page 194 of Routledge's French Dictionary we read: 'Rillettes Minced pork.'"

"This work was printed for George Routledge & Sons, London, by Bernard & Tauchnitz, Leipzig."

"Is this what 'F. L.' wants? C. L. A."

You may be right and the definition correct. In which case "rillettes" would seem to be a refined edition of the piebald sausage.

Yet "F. L." should not have had so much trouble in getting them in her city market. Hear her plaint!

"The rillettes which New York restaurant keepers pretend to make are worthless for our purpose."